

## ABSTRACT OF THE DISCLOSURE

A computer-implemented method, including processing a request by a person or entity to access, obtain, change, alter, or modify, an individual's healthcare record or file, generating a message containing information regarding the person or entity, identification information regarding the person or entity, and a time and date of the request, and information regarding a reason for the request, a nature of a change, alteration, or modification, sought to be made or made to the individual's healthcare record or file, or a subject of a change, alteration, or modification, sought to be made or made to the individual's healthcare record or file, and transmitting the message to a communication device of the individual during, concurrently with, at a same time as, or prior to a completion of, an accessing, obtaining, changing, altering, or modifying, of the individual's healthcare record or file or a processing of the request.